

### ABSTRACT OF THE DISCLOSURE

Weightlifting system having a bench, a pair of weight stands on opposite sides of the bench, an elongated bar extending over the bench between the weight stands, and weight plates on the weight stands for selective attachment to the bar without being removed from the weight stands. The  
5 bench can be moved between raised and lowered positions relative to the bar, and individually operable leg extension bars are positioned at one end of the bench, with weight plates resting on supports near the leg extension bars adapted to be selectively attached to the leg extension bars without being removed from the supports. In one disclosed embodiment, a frame  
10 having a pair of upright posts is positioned between the weight stands, and a pair of guides are connected to the bar and mounted on the posts for movement along the posts.